

Eugenics Society Head Says: If You Must Choose Between Children and an Automobile Get Along Without the Car

Major Leonard Darwin, Sc. D., Declares That Marriage Should Be Considered Not Merely as a Personal Gratification, but as a Trust for the Future.

By Marguerite Dean.

UNLESS there is a change in the present condition, whereby many of our best types are steadily decreasing in numbers while our inferior types multiply, I am not an optimist about the future of our civilization, since it is likely to pass under the control of the worst instead of the best.

"Love, tempered by intelligence, makes the best eugenic marriage. The aim of eugenics is to increase the multiplication of our better types and to decrease those less fit. In short, we should encourage the breeding of those who are likely to benefit to society."

"The eugenic ideal of the man and woman of the future, as nearly as such an ideal may be defined, is a being of moral, mental and physical superiority—in the order named."

"The average family should have at least four children; otherwise, the stock of that family will die out."

"In each fit social group, parenthood should be encouraged by a system of taxation on incomes which will benefit families with children at the expense of the childless."

"Marriage should be considered not merely as a personal gratification but

most snobbish sense. People who misunderstand eugenic ideals have declared the eugenic marriage would be a cold-blooded affair, but what about the many marriages to-day consummated because of a desire for wealth or the wish to rise in the social scale? "Love is the basis of eugenic mating, although it should be tempered by intelligence and scientific knowledge. The love match between young persons—in their early twenties—should be encouraged, since when marriage takes place later in life the chances of a fair sized family are automatically decreased. The small families of many college women may be due to the lateness of the age at which they contract marriage."

"I see nothing in the ideals of the modern woman movement to conflict with eugenic improvement of the family and the race," Major Darwin answered a question I put to him at this point. "A few of the earlier leaders of the 'new women' seemed to take the position that marriage would interfere with their highest development, but that idea was merely a passing phase and is already outgrown."

"I am opposed to facile divorce on the ground that it interferes with the birth and development of a family of normal size. I am inclined to doubt the value of a direct bonus for babies, such as that with which France is experimenting, since it tends to the production of the unfit. I think that sound and efficient parents, the sort that ought to produce children, can take care of them without such a direct subsidy. But I would have the income tax scaled especially to favor such parents, as we are now doing in England."

"Would you put a direct tax on bachelors and old maid?" I asked. "No, for I doubt if the professional bachelor, who honestly doesn't want to marry, is the sort of man who would make a good eugenic father," smiled Major Darwin.

"And as for the unmarried woman—it's not always her fault," I contributed. "Then I asked a final question: 'What is the ideal toward which eugenists are working—the superman they want to produce?'"

"It is impossible to say with definiteness at this time," frankly admitted Major Darwin. "We don't know enough. What we emphatically do not want, however, is a man who is merely a stronger animal. I should put the emphasis first on the cultivation of moral supremacy, then mental, then physical, in the order named. The best we can do, and the least we ought to do, is to breed from the best we now have, to deny parenthood to the imbeciles and to discourage it among the habitual criminals. We shall have no right to look into the future with confidence unless we pursue such policies."

as a trust for the future. If it is necessary to choose, for example, between children and a car—get along without the car."

These are expressions of the theories and ideals of eugenics—the science of being well born—as they were expressed to me by Major Leonard Darwin, Sc. D., one of the most important figures at the Second International Congress of Eugenics, now being held at the American Museum of Natural History. Major Darwin is the fourth son of the great Charles Darwin and is President of the Eugenics Educational Society of London. A courteous, white-haired, soft-voiced old gentleman, carrying his years lightly, Major Darwin crowns a life during which he has filled the varied roles of soldier, statesman, scientist and scholar, with the work for eugenics which, in his own opinion, is the practical application to man of the science of biology, the effort to give practical value to his father's theories.

The belief that man had been slow to develop from some ape-like progenitor gave rise to a new hope that this upward march would be continued in the future, and out of this hope sprang the eugenic ideal, Major Darwin declares.

"I saw him a few hours before he opened the session of the Eugenics Congress in the home of President Henry Fairfield Osborn of the American Museum of Natural History, No. 955 Fifth Avenue."

Eugenics is one of the most important movements in the world to-day," he told me earnestly, "and it seems to me that all countries should be inspired with new interest in eugenic principles because of the losses in human life they have suffered during the war."

"Considering the mess the present breed of men and women have made of the world, I think it obvious that we should make a better stock if we can," I observed. "But how can it be done? What are the practical methods by which you believe the human race may be improved?"

"On the positive side the most important step, in my opinion, is a moral campaign to impress upon the fit their parental responsibilities as custodians of the future," Major Darwin answered at once. "Family limitation undoubtedly is here to stay, and among the very poor it should be practiced. It is wrong to bring a child into the world without a prospect of its being able to live up to a certain standard of civilization."

"The tendency to limit families, however, among the normally fit and efficient should be discouraged in every possible way. The one-or-two-child family is doomed to extinction, and I do not advocate huge families, but should say that the average man and wife ought to bring four children into the world, even though it means a certain amount of self-denial. If it is necessary to choose, for example, between children and a car—get along without the car."

"There is too much of a tendency in many of our social groups to sacrifice children—that is, to sacrifice the future of the race—to social and financial considerations, using the word 'social' in its narrowest and

The Jarr Family

By Roy L. McCardell

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MR. SLAVINSKY, the glazier, stood peering from the doorway of his glass-put-in establishment, and beheld in amazement Mr. Jarr come flying out of Sol's Smokeshop across the way. Mr. Jarr was followed by a box of stogies, the stogies filling the air like darts, interspersed with a fluttering shower of Sol's non-refillable premium coupons.

"Tzuris!" moaned Mr. Slavinsky sympathetically. "To think it should come to this that a man would be flown out of a cigar store like what he could be used to be thrown out of Gus's saloon in the days when everything wasn't prohibited!"

Hepler, the butcher, waiting for a full 22 calls for flies that hurt you when they hit you if they don't glance off, now came over from his beef-steak stand.

"My! Did you see it?" Slavinsky inquired when Hepler reached him, and Mr. Slavinsky pointed to Mr. Jarr standing on the outside of Sol's Smokeshop looking in as one dazed and bewildered. "He got the bum's rush out of Sol's!" added the glazier.

"No," said Hepler, "it wasn't Ed Jarr, but it was Sol's wife throwing them at Sol. Ed Jarr ducked out, but Sol knows it ain't no use to duck, for when a lady throws anything at you, you get hit if you duck. My flat is next to Sol's flat and I hear Sol's wife when she goes downstairs to chuck things at Sol!"

"If my wife would do that mit me, you bet I would show her!" remarked Mr. Slavinsky.

"You better not speak it so loud," advised Hepler. "Your wife is at the window upstairs."

"Well," remarked Mr. Slavinsky, dropping his voice to a cautious whisper, "if Sol would go out West to Illinois and get him a divorce you couldn't blame him."

At this point Mr. Jarr, gathering his wits, it would seem, gave a last apprehensive glance into Sol's Smokeshop and then darted across the street and joined Hepler and Slavinsky. The two would have questioned him, but Mr. Jarr held up a warning finger, and then the others saw Mrs. Sol emerging from the establishment her husband believed he was boss of. She too crossed the street and approached the group, took up the topic of universal disarmament.

"Sure," Mr. Slavinsky was saying, "there should be no more fighting by anybody, not even the Irish!" Mrs. Sol, who was a vivacious brunette of some thirty attractive summers, smiled upon the group and returned to her home. Mr. Jarr, who was not startled when I let that box of stogies fall out of my hand, Mr. Jarr, but I'm so dreadfully nervous, and my Sol has such a dreadful temper he frightens me."

Mr. Jarr murmured, "It's too bad, too bad!"

"And I wish you'd go over and see about fixing the glass in one of the showcases," Mr. Slavinsky. Mrs. Sol said to the glazier, "Sol broke it in a fit of temper about nothing. And, Mr. Hepler, here she turned to the butcher—please send me a nice broiling chicken. When Sol gets in those tempers I try to give him a nice dinner and let him good-natured again." Then she gave them all a sunny smile and tripped away to the grocer's.

"They are all nice—to the men they are married to," Mr. Jarr remarked. But Mr. Slavinsky ignored this, and turning to Hepler, said, "Well, she may have a bad temper, but she's a good woman."

DAILY MAGAZINE

The Day of Rest!

By Maurice Ketten



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Courtship and Marriage

By Betty Vincent.

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"DEAR Miss Vincent: How can I become popular with the opposite sex? For some reason I never get beyond the 'Good morning', 'Good afternoon', 'Good evening' stage. I try very hard to make myself attractive but somehow it doesn't seem to work. Of course, I must acknowledge I am rather shy and timid, but when I once get acquainted I am all right. I have a beautiful home, dress well and have very kind parents. There isn't a thing they haven't done for me, and at twenty-one I am a graduate from one of the best and most well known conservatories in New York, besides being a good dancer and elocutionist. So, you see, I ought to have no trouble in gaining the friendship and confidence of many people."

"Dear Miss Vincent: A short time ago I started to go with some girls and by so doing I met a certain young man whom I love very much. Now there was a young girl at a party recently who treated a young man so coldly that I felt sorry for him. I therefore put myself out to be nice to him and then the girl politely went over to my friend and took him for the rest of the evening. I meant everything for her benefit but now she is going out with my friend and her former friend goes with me but I do not care for him. What shall I do in a case like this? ANXIOUS."

"It doesn't pay to be a little Mary McKim. It is always best to let young couples settle their own difficulties. Probably your particular friend misunderstood your kind interest in her other young man. Better not go about with the chap you don't care for and perhaps your friend will drop the other girl."

"Perhaps your shyness accounts for your inability to make friends. But the fact that you say you are all right when you once get acquainted proves that you can overcome this. Cultivate a cordial disposition, if you can, and make up your mind that you are going to show them that you like them. You will have no trouble in gaining the friendship and confidence of many people."

"Dear Miss Vincent: I have a beautiful home, dress well and have very kind parents. There isn't a thing they haven't done for me, and at twenty-one I am a graduate from one of the best and most well known conservatories in New York, besides being a good dancer and elocutionist. So, you see, I ought to have no trouble in gaining the friendship and confidence of many people."

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Maxims of a Modern Maid

By Marguerite Mooers Marshall

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Marriage is life's laboratory—a place of valuable discoveries, of dangerous explosions, and of the most infinitely varied experiments. "Two dogs growl over a bone—and it is usually the 'bone' type of femininity over whose possession two men growl."

Not so many years ago, the mere idea of trial marriage was an awful shock to good Americans. But, judging from the latest divorce court returns, they seem to have found something in it, after all!

Old-fashioned novelists and playwrights used to depend on "flushed cheeks" and "dishevelled locks" to betray the indiscreet love-making of the naughty wife. But now that she wears a permanent blush and bobs her hair, she can be tugged all through the third act of the twentieth chapter without leaving a trace!

It is only women who know how clever women are, for the most brilliant of us never fail to assume a little becoming stupidity in the presence of the other sex.

The completely fascinating feminine thing is neither the saint nor the sinner, but she who believes in "letting I dare not wait upon I would."

Just when the old-fashioned girl had man educated to the point of understanding that his "no" really meant "yes," along comes the forthright girl of to-day who expects him to believe that when she says "no" she means it.

Calling every male over thirty a "boy" and every one under it a "man" is the vamp's first formula of success.

Almost any woman admires a rough diamond—provided his setting is sufficiently expensive.

On the Way to Keeping Well
By Dr. Frederic H. Robinson,
Editor Medical Review of Reviews.

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WHAT FOODS SHOULD BE ELIMINATED FROM ONE'S SUMMER DIET?

IT is necessary to be insistent on a broadminded every now and then. And in this particular case we shall begin with a very pertinent, reiterated truism, for with this as a motto it is an easy task to proceed: A summer diet should not be heavy.

The first mistake the hospitable housewife makes with reference to her menu is that she ordinarily serves too many courses in the summer. She finds it hard to cut down on the amount which for the three other seasons of the year she has been accustomed to serve. This is the time when, if never before, one ought to eat to live, rather than to live to eat. There is scarcely any one in moderate circumstances but eats too much for his health, his prospects of efficiency and for his peace of soul.

In summer it is well to eat but little meat, and then only good cuts of beef,

How to Reduce Your Weight Right in Your Own Home

To-Day's Lesson Shows How to Give Your Body Such Muscle Stretching That Every Organ Will Be Stimulated.
By Doris Doscher

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PERHAPS it has never forcibly struck you that the innocent little exercise can be pressed into service as the greatest aid in our beauty building course. Wrap the line securely around some strong stationary object near the floor and twist the ends two or three times around the hands.

Stand in the position of the illustration and see how this bit of simple gymnasium apparatus permits you to give your body such muscle stretching that every organ in the body will be stimulated and the flabby, fatty tissues surely worn away.

This stretch derives its chief benefit from the way in which the body, strongly supported by the rope, is able to push forward. The expanding of the muscles around the ribs and diaphragm, the lifting of the muscles that support the bust, are splendid in moulding the figure into beautiful lines. At the same time it brings into play all of the muscles of the arms and therefore will take away that top-heavy look of the over-stuffed woman who is burdened with a lump of fat on the top of the arms.

Like many of our other exercises, it has a wonderful stimulating effect on the spinal column, and the benefit of this stimulation is so obvious that it does not need repetition. The rope must be so securely fastened that there can be no possibility of its slipping, never mind how hard you pull.

This gives you a confidence to stretch forward with such force that you are able to strengthen your muscles more than through any other form of exercise. This resistance to another opposite power is a splendid nerve tonic and one that I recommend to you for everyday use.

The few minutes' work with the family clothesline night and morning does as much for you as a course in an expensive gymnasium. The marvelous results that can be accomplished through diet and some exercises like that illustrated to-day open a way for all of you, never mind what your age is, to make the best of yourselves.

When you leave the habits of oversleeping, overeating and sluggish movements behind you and cultivate the spirit of grace and energy that these exercises are bound to give you, you have gone a long way not only in reducing your overweight and benefiting your health but in recovering that perpetual spirit of youth which is the charm of childhood, the wisdom of girlhood, the chief attraction of womanhood and the crowning quality of old age.

Answers to Queries.

JIM S.—You are about fifteen pounds overweight, but you have not yet gained your full height, so I would not worry about these few extra pounds. You need all of the general exercises more than just one to tighten the arms and wrists.

J. M.—You are a little overweight and I advise you to be very persevering in the trunk bending, trunk twisting exercises, touching the floor with finger tips and the abdomen after a bath rub. The fact that your flesh is solid is no reason why you should not be able to reduce to your normal weight.

K. M.—For your age and height you should weigh 103 pounds.

LUCY.—You should weigh for your height 112 pounds. As you have not yet reached your full bony development your measurements will change from time to time, so just strive for normal weight.

H. F.—You will find that the spine exercise, the group exercise called head and elbow backward bending and the arm exercise that was printed on July 5 will all be very beneficial.

PEARL.—You should weigh for your age and height 108 pounds.

N. G. L. S.—You asked for a personal reply, kindly send me your full name and address.

THIS WILL MOLD THE FIGURE INTO BEAUTIFUL LINES.

Eleanor Glyn Says: Present-Day Man Is Peer Of Any Past Generation

By Ruth Snyder.

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THERE are three leading headlines that have attracted public attention during the past week: "MAN SHOULD DO AS HE LIKES, HER CREED,"

"MAN'S WICKEDNESS NIL IF WOMEN STAY GOOD, SAYS PASTOR,"

"MEN NEARING THE IDEAL, SAYS A WOMAN LEADER."

Mrs. Kendall, styled "British matron of the theatre," huris criticisms such as this at the poor RISING generation:

"I fear that the rising generation will never equal the great women of the past. They would do much better to go slow and content themselves with some of the simplicity that they sneer at as 'Early Victorian.' Women do outrageous things to-day—things they would not have desired or dared to do in Jane Austen's time. Then, if a girl received a proposal, she promptly fainted. In Du Maurier's time she said 'Ask mamma.' To-day the poor dears say, 'All right, old bean.'"

However, that is more ideal, according to the latest authorities. The philosophy that "man should do as he likes" comes from no other than Eleanor Glyn, celebrated writer of fiction.

"A man should do what he pleases" (to quote her), "and a woman should so shape her life as to be of the greatest help to him. Just so high as he climbs she has inspired him. And just so low as he falls she has degraded him."

All credit to the woman, then, that man is nearing the ideal, as Mrs. Mary Coleman, attorney and club leader, recently remarked.

"Twenty years ago man spent his nights at the club; two hundred years ago he powdered his nose in public and wore silk panties; two thousands years ago he cut a woman's head off if he didn't like the part in her hair!" Mrs. Coleman declared.

"But to-day he comes home, helps wipe the dinner dishes (no doubt to go to the movies, you will perhaps

think; but no, Mrs. Coleman continues), "and then goes out and pushes the baby carriage around the block."

He shaves every day and keeps himself neat and trim. Physically and mentally he is the peer of any past generation."

Here she bears out our argument: "The change was brought about by woman. She keeps him at home nights now because she is able to discuss business and politics and he doesn't have to go to the club. She makes him do some of the shopping and be interested in care of the home."

"Why, men have never enough now to argue with the butcher because there is too much bone in the steak!" Which, all being due to women, leads us to conclude that women must have reached the ideal, provided Eleanor Glyn's statement is correct: that "just so high as he climbs she has inspired him."

Is it true then that men and women are nearing the ideal?

WHAT Do You Know?

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QUESTIONS.

1. Who wrote "Sapho"?

2. For which of the planets was Saturday named?

3. What are the mounted men who tanalyze this bull at a bull fight called?

4. From whose writings is "sweet are the uses of adversity" quoted?

5. What female fairy of Irish and Scotch legends by her visits foretold death?

6. Who was Robin Hood's father, confessor in Scott's "Ivanhoe"?

7. What color are whortleberries?

8. What do the "Friends" call Sunday?

9. What metal is coated with tin to make tin-plate?

10. What river, rising in Texas, is one of the four largest tributaries of the Mississippi?

ANSWERS.

1. Alphonse Daudet; 2. Saturn; 3. picroles; 4. Shakespeare; 5. banshee; 6. Fair Luck; 7. blue; 8. First Day; 9. Iron-pluck; 10. Red River.